

भारतोल्लक राजकुमारी The Weightlifting Princess

Level 3

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राजकुमारी नीला सोचमे पड़लि छथि। हुनकर साम्राज्यक भारतोल्लक सूर्य प्रतियोगिता एक मासमे अछि।मुदा निअम मोताबिक हुनकर वजन ५५ किलो हेबाक चाही मुदा ओ मात्र ५३ किलोक छथि। हुनका दू किलो वजन आर बढ़ेबाक छन्हि! Princess Nila is worried.

The Surya Championship, the famous weightlifting contest in her kingdom,
is only a month away.
But according to the rules,
she must weigh 55 kilos.
Not 53 kilos. She still has
to put on two kilos!



पुबरिया सातो साम्राज्यक सभसँ पैघ खेलाड़ीक नामपर अछि ई सूर्य प्रतियोगिता। नील ऐमे भाग लेबा लेल जिनगी भरि बाट जोहने छथि।

The Surya Championship was named after the greatest athlete in all the seven kingdoms of the east.

Nila has waited all her life to participate.



नीलाकेँ भार उघनाइ नीक लगै छै। बच्चामे ओ उठबैत छलीह:Nila loves to lift weights.As a child, she would lift:



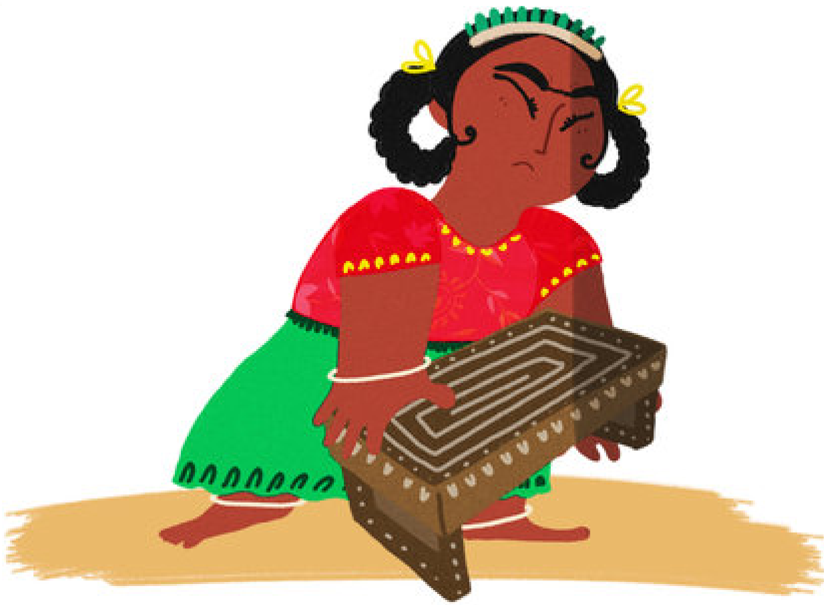
कुकुड़
dogs

कुर्सी
chairs



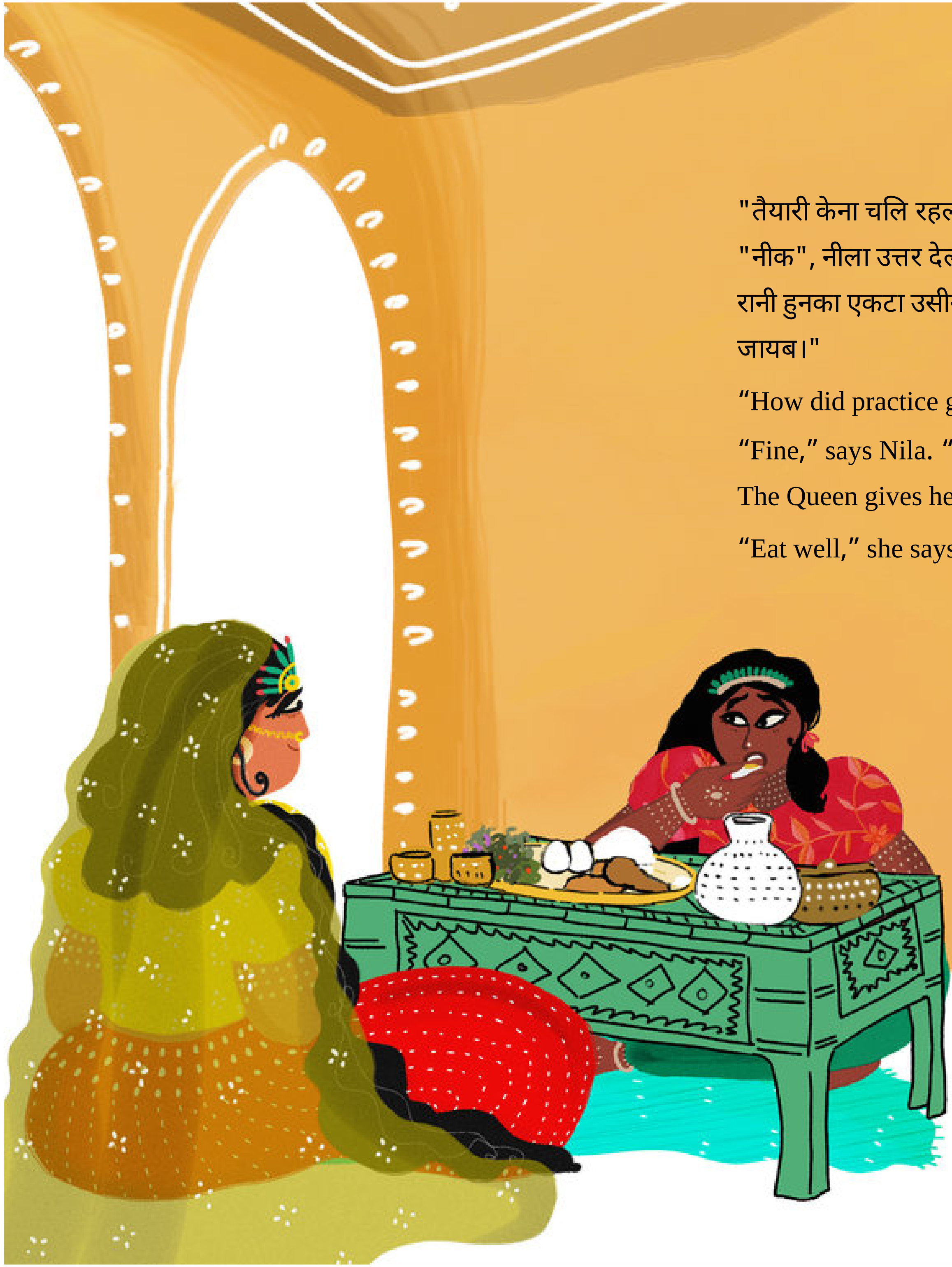
टेबुल
tables

अलमीरा
cupboards





आ राजाकेँ सेहो... ... and even the King!



"तैयारी केना चलि रहल अछि?"रानी पुछलन्हि।

"नीक", नीला उत्तर देलन्हि। "मुदा हमरा अखनो दू किलो वजन बढ़ेबाक अछि!"

रानी हुनका एकटा उसीनल अण्डा देलन्हि। "नीकसँ खाउ," ओ कहलनि।" अहाँ ओतऽ धरि पहुँचि जायब।"

“How did practice go?” asks the Queen.

“Fine,” says Nila. “But I still have to put on two kilos!”

The Queen gives her a boiled egg.

“Eat well,” she says. “You’ll get there.”



खेबा काल नीलाकेँ चारि बर्ख पूर्व भेल प्रतियोगिता मोन पड़ैत छन्हि, जखन ओ १२ बर्खक छलीह। नेथिलक राजकुमार विक्रम ओइ प्रतियोगिताकेँ जितने छलाह। ओ आन सभ प्रतियोगीसँ बहुत आगाँ छलाह।

As she eats, Nila remembers the last championship. That was four years ago, when she was just twelve.

Prince Vikram of Nethil had won then. He had been far ahead of everyone else.



नीलाकेँ बुझल छन्हि जे राजाक विचारेँ हुनकर पैघ भेलापर विवाह राजकुमार विक्रमसँ हेतन्हि। मुदा हुनक विचार छन्हि टैबार जेबाक, जे बरफक प्रान्त अछि आ जतऽ सभसँ नीक क्रीड़ा स्कूल छै।

Nila knows that when she grows older, the King has plans of getting her married to Prince Vikram.

But she has other plans. Nila wants to go to Taibar, the land of snow. It has the best sports school in the entire kingdom.



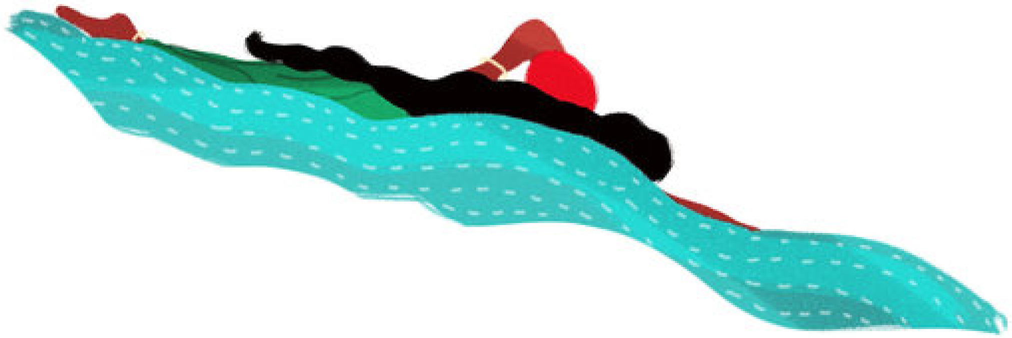
"हमरा एकटा आर उसीनल अण्डा देब की?" ओ रानीसँ पुछैत छथि। रानीकेँ हँसी लागि जाइत छन्हि। किछु बर्ख पहिने ओहो नीला सन छलीह, दौगब-धूपब, हेलब, घुड़सवारी करब आ प्रतियोगिता जीतब, यएह सभ चाहैत छलीह। मुदा से बहुत दिन पहिलुका गप भेल।

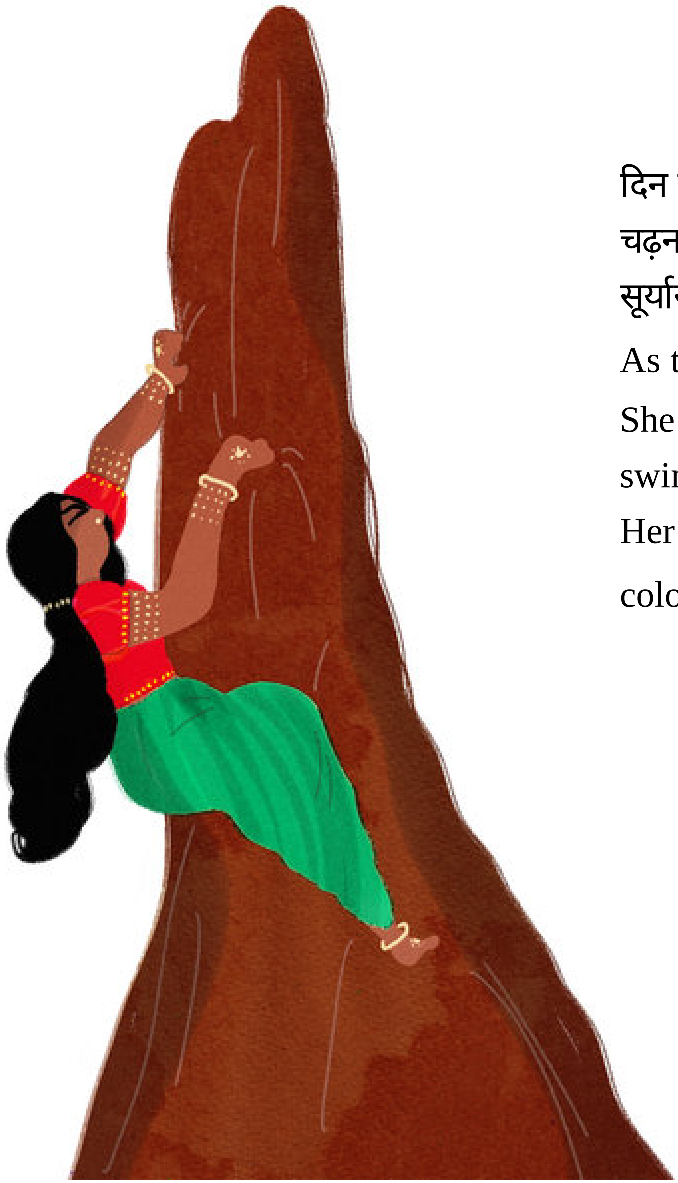
“May I have another boiled egg?” she asks the Queen.

The Queen laughs. Many years ago, she had been like Nila— wanting to run, swim, ride horses and

win the Championship. But that was a long, long time ago.







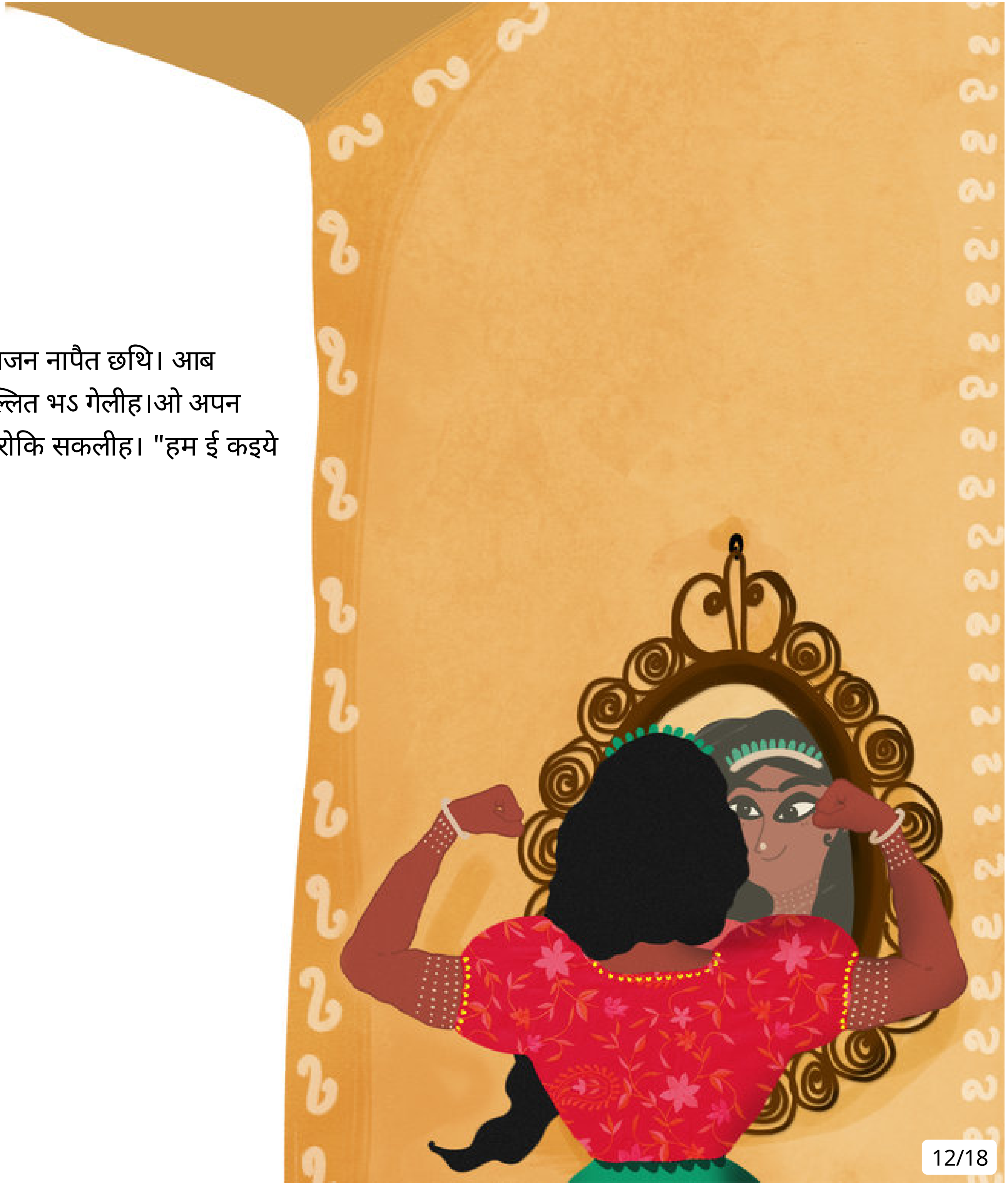
दिन बितैत गेल, नीला कड़गर अभ्यास करैत रहलीह। पहाड़पर दौगैत
चढ़नाइ-उतरनाइ, धारमे हेलनाइ, माउस, तरकारी आ फल खेनाइ।
सूर्यास्तक रङ सन ओकर चाम भऽ गेलै लाल-माटि सन।

As the days pass, Princess Nila trains hard.
She runs up and down the mountain. She
swims in the river. She eats meat, vegetables and fruits.
Her skin turns golden brown, the
colour of sunset.



प्रतियोगितासँ एक सप्ताह पहिने ओ अपन वजन नापैत छथि। आब आखिरीमे भइये गेल ५५ किलो! नीला प्रफुल्लित भऽ गेलीह।ओ अपन बाँहि आ माँसपेशी घुमाबै छथि। ओ हँसी नै रोकि सकलीह। "हम ई कइये लेलौं!"

The week before the Championship,
she stands on a weighing scale.
55 kilos at last! Nila is thrilled.
She flexes her muscles. She cannot
stop smiling. “I’ve done it!”

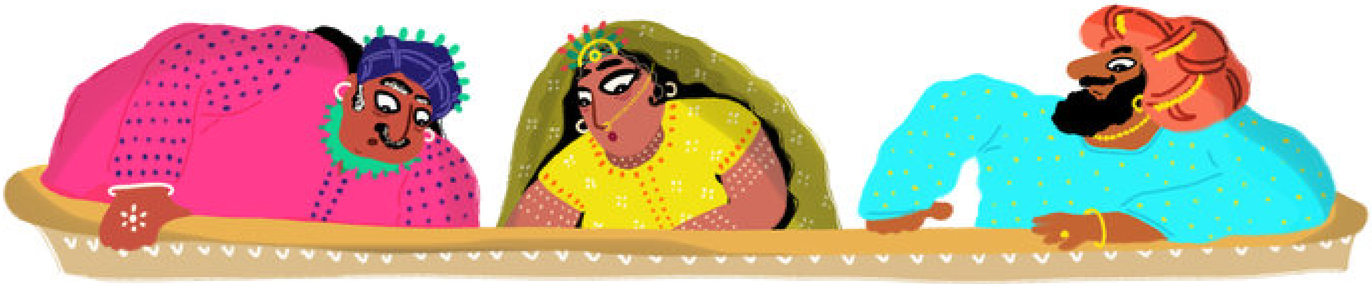


प्रतियोगिता दिन नीला तैयार छथि। ऐ बर्ख प्रतियोगिता कड़गर छै। नीला मजगूत भारतोल्लक सभ दिश नजरि खिरबैत छथि। ओ छौड़ी कसल सलवार- सिलवटवाली।   आ राजकुमार विक्रम तँ छथिये।

On the day of the Championship, Nila is ready. This year, the competition is tougher.

Nila marks out the strong weightlifters. The boy with the yellow turban. The girl with the tight plait. And of course, Prince Vikram.



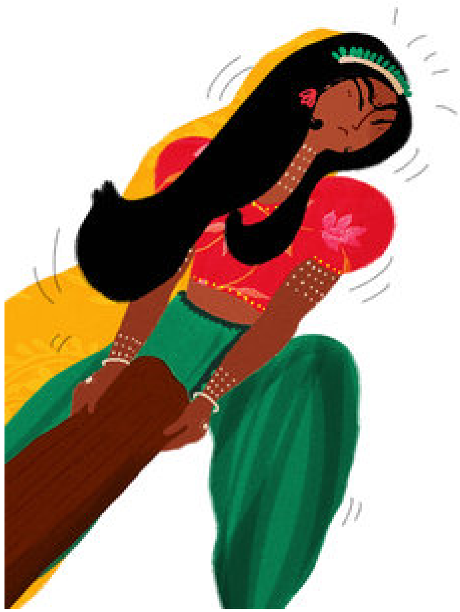


ओ सभ पाथर, लकड़ीक टोना आ खजानाक सन्दूक उठबै छथि, अलमीरा सेहो। निर्णायक लोकनि देखै छथि। की हाथ उठबै कालमे अस्थिर भेल, की पएर सोझ रहल, की आकार सोझ छल? नीला अपन दाँत घिचैत छथि, ओ अपन शरीरक सभ माँसपेशीक अनुभव करैत छथि, घामक सभ टघारकेँ सेहो।

They lift rocks. They lift logs. They lift treasure chests. They lift cupboards.

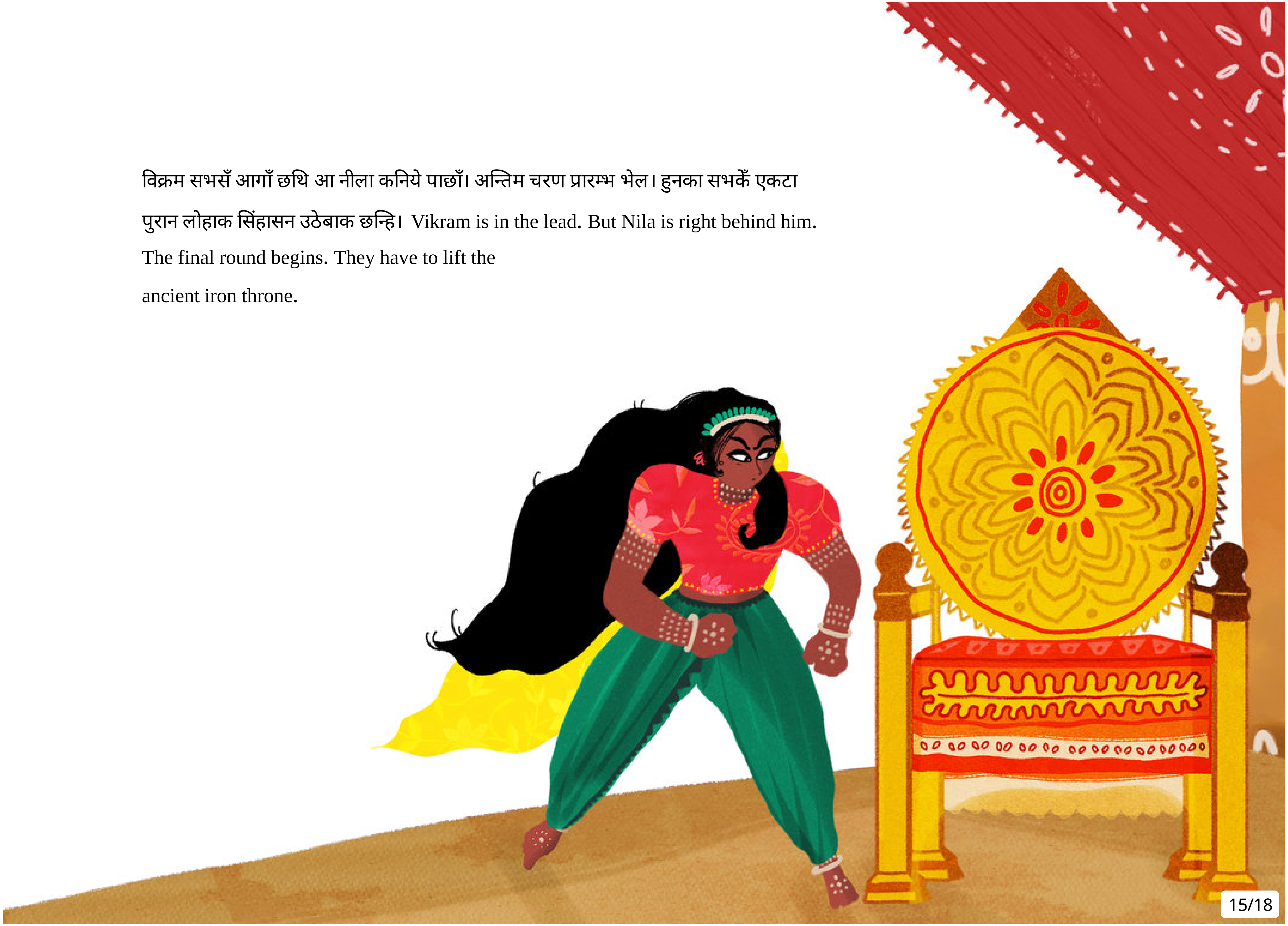
The judges watch. Is the arm shaking? Is the leg steady? Is the stance correct?

Nila clenches her teeth. She can feel every muscle in her body. Every drop of sweat.






विक्रम सभसँ आगाँ छथि आ नीला कनिये पाछाँ। अन्तिम चरण प्रारम्भ भेल। हुनका सभकेँ एकटा पुरान लोहाक सिंहासन उठेबाक छन्हि। Vikram is in the lead. But Nila is right behind him. The final round begins. They have to lift the ancient iron throne.

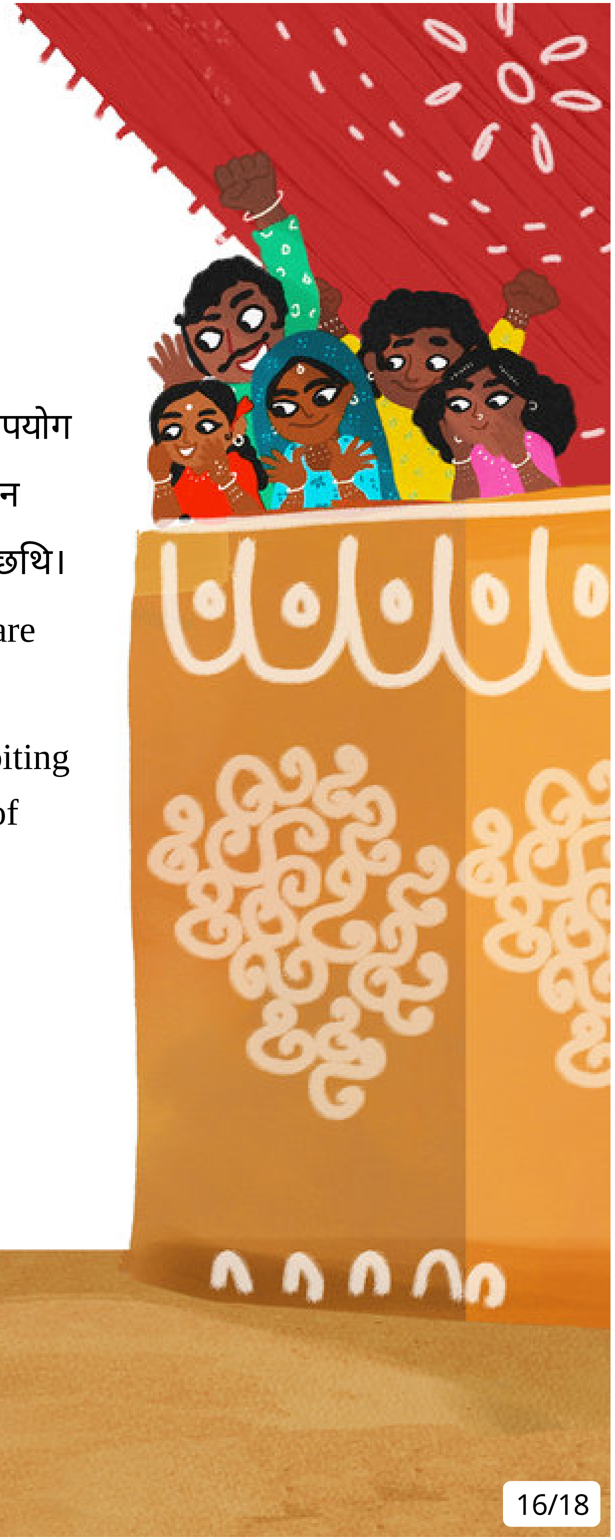




सभ नीक छथि मुदा नीला सभसँ नीक। ओ अपन शक्तिक पूर्ण उपयोग करैत छथि, ओ हुंकार भरैत छथि, कष्टकेँ बिसरबा लेल। आ जखन हुनका ई असम्हार लगै छन्हि तँ ओ सूर्य आ टैबार केँ मोन पाड़ैत छथि। आ हे लिअ, लोहाक सिंहास उठि गेल अकाशमे। The others are good. But Nila is better.

She applies every ounce of her strength. She grunts, biting back the pain. When she almost gives up, she thinks of Surya, and Taibar.

The iron throne rises in the air.



अन्तिम परिणाम आबि गेल। नीला जीति गेलीह। "आब अहाँ चैम्पियनक पत्नी होयबा योग्य भेलौं," राजा गर्वसँ बजलाह। राजकुमारी नीला हँसैत बजलीह, "नै, आब हमहीं छी चैम्पियन।"

The final scores are displayed. Princess Nila has won!

“Now you’re worthy of being a champion’s wife,” says the King proudly. Princess Nila smiles. “No,” she says. “Now, I am the champion.”





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भारतोल्लक राजकुमारी The Weightlifting Princess

(Maithili-English)

राजकुमारी साम्राज्यक प्रसिद्ध सूर्य भारत्तोलन प्रतियोगिता जीतऽ चाहैत छथि। मुदा बहुत रास बाधा छन्हि सोझाँ ठाढ़, जइमे कनियो कम नै अछि एकटा सुन्दर राजकुमार आ राजकुमारीक माता-पिताक आकांक्षा। Princess Nila is eager to win the Surya Championship, the famous weightlifting contest in her kingdom. But there are so many obstacles to overcome. Not least, a handsome prince and her parents' expectations.

This is a Level 3 book for children who are ready to read on their own.